



For Immediate Release

Contact: Ted Fisher
Town of East Hartford
Phone: 860-291-7202
Cell: 860-817-8590
tfisher@easthartfordct.gov

TOWN TO SPONSOR FREE SENIOR FLU CLINICS

October 14th and 21st

(September 13, 2016) **East Hartford, CT** – Mayor Marcia Leclerc and health officials in the Town of East Hartford urge residents age 55 and older, who have not yet received the 2016-2017 flu vaccine, to consider obtaining it on Friday, October 14th and Friday, October 21st at the South End Senior Center. The East Hartford Department of Health is holding free flu clinics on these dates from 1:30 PM to 3:30 PM at the Center's location at 70 Canterbury Street in East Hartford. Proof of age and residence is required. Reservations are not necessary.

“Even though seniors are especially at high risk, many of them do not receive the vaccine”, said East Hartford Mayor Marcia Leclerc. “It is every individual's responsibility to put prevention to good use and make vaccination part of their routine healthcare,” she added.

East Hartford Health Director Jim Cordier said “people can be vaccinated anytime, but it takes about two weeks for protection to kick in. October is an optimal time to get a shot, as the flu season usually peaks in the winter and can last through May.”

In addition to the flu vaccine, people should practice frequent hand washing, use waterless hand cleaners when water is unavailable, avoid those who are ill, stay at home if sick with the flu and practice cough/sneeze etiquette (i.e., cough/sneeze into bend of elbow). Prescription antiviral medicines are available for use in certain circumstances.

Call 860-291-7324 or 860-291-7324 for information.

###